Who am I?

Go to [www.GCFlearnfree.org](http://www.GCFlearnfree.org), login >computer training and read the Career Development lesson. Then complete the following assignments on this worksheet. This project will be a part of your portfolio. When finished with these series of quizzes and learning more about yourself you will write an essay answering the question, “Who am I?”

Work Ethic (Values):

**Complete the quiz on www.GCFlearnfree.org** [**Home**](http://www.gcflearnfree.org/) **>** [**Computer Training**](http://www.gcflearnfree.org/computer) **>** [**Career Development**](http://www.gcflearnfree.org/computer/topic.aspx?id=26) **> Lesson 1 - Knowing Yourself > titled “Work Values”**

After completing the quiz list what you value the mos. List three to 5 that are important to you and a brief description as to why it is important to you as an individual?

1.

2.

3.

4.

5.

Personality Traits:

**Complete:** [**Jung Typology Test**](http://www.humanmetrics.com/#Jung%20Myers-Briggs) **at** [**http://www.humanmetrics.com/**](http://www.humanmetrics.com/)

What type are you: \_\_\_ \_\_\_ \_\_\_ \_\_\_, described as the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Four links are there to help you understand what these letter mean. Print the list of career suggestions and a description.

List 3 to 5 careers that are suggested to be a best fit for you?

1 4.

2. 5.

3. 6.

Skills:

**Read the “Foundation Skills” by Lawrence K. Jones and complete the questions below.**

**List what you are good at and what you need to improve on BE SURE TO INCLUDE SKILLS FROM ALL FOUR CATEGORIES, Basic skills, Thinking skills, People skills and Personal Qualities:**

|  |  |
| --- | --- |
| **I am good at** | **I could improve** |
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List your achievements in the last 2-5 years, things you did well, felt good about, and enjoyed doing, work related or not, list 10 or more.

Now choose your favorite, top 7 of these achievements, for each write (1) what you did (2) how you did it and (3) what happened.

## These are your “motivational skills”! Are you surprised?

Interests:

**Please answer the following questions to the best of your ability.**

What am I interested in?

What do I enjoy?

What gives me genuine satisfaction?

Finally, try the Career Quiz on the resource page of GCFlearnfree.org (the last page of this lesson). Print the result and add to the back of the project.

**Note:** Below is a direct link, you will need to great another login. You will use the Princeton Review site again – so make it a login and password one that you will remember.

[**http://www.princetonreview.com/login3.aspx?RDN=1**](http://www.princetonreview.com/login3.aspx?RDN=1)

What did they suggest?

Do you like their suggestions? Have you ever considered that type of work?

Good work! **Use this worksheet and printouts to answer the question in essay format, “Who Am I?” Needs to be at least five paragraphs and meet the writing rubric for a passing grade. See rubric.**

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| --- | --- | --- | --- |
| Student:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |
|  |  |  |  |
| **Title** | **Possible Points** | **Points Earned** | **Percentage** |
| **Who Am I?** | **36** | **0** | **0%** |
| Work Ethic (Values) | 3 | 0 | 0% |
| Personality Traits | 3 | 0 | 0% |
| Skills | 5 | 0 | 0% |
| Interests | 3 | 0 | 0% |
| Careers (ideas) | 2 | 0 | 0% |
| Essay | 20 | 0 | 0% |
|  |  |  |  |
| **Worksheet:** |  |  |  |
| Work Ethic (Values) |  |  |  |
| Took the quiz (uses bold terms on the quiz) | 1 |  |  |
| Listed 3 to 5 | 1 |  |  |
| Wrote the importance | 1 |  |  |
| Sum | **3** | **0** |  |
|  |  |  |  |
| Personality Traits |  |  |  |
| Completed test | 1 |  |  |
| Printed list of Careers and wrote ideas | 1 |  |  |
| Printed type description | 1 |  |  |
|  | **3** | **0** |  |
|  |  |  |  |
| Skills |  |  |  |
| Listed Skills from all categories | 1 |  |  |
| Listed improvements from all categories | 1 |  |  |
| Demonstrates using the Foundation Skills reading | 1 |  |  |
| Listed Achievements | 1 |  |  |
| Wrote about 7 achievements | 1 |  |  |
|  | **5** | **0** |  |
|  |  |  |  |
| Interests |  |  |  |
| Answered all three questions | 1 |  |  |
| Took time and thought about answers | 1 |  |  |
| Is appropriate and relevant | 1 |  |  |
|  | **3** | **0** |  |
|  |  |  |  |
| Explore Careers |  |  |  |
| Career Quiz | 1 |  |  |
| Career Interest Game | 1 |  |  |
|  | **2** | **0** |  |
|  |  |  |  |
| **Essay** |  |  |  |
| Organization (intro, body, conclusion) | 8 |  |  |
| Flow and Rhythm | 2 |  |  |
| Adding Personality | 2 |  |  |
| Grammar and Spelling | 2 |  |  |
|  | **20** | **0** |  |

**Who Am I Essay Outline**

1. Introduction
   1. Attention getter
   2. Something unique about you that most people don’t know
2. Body (follows the worksheet you have been working on)
   1. Work Ethic/value
   2. Personality Traits
   3. Skills
   4. Interests
   5. Career Possibilities (that you discovered in this project)
3. Conclusion
   1. Name a career or two possibilities and say why you would be GREAT at it by listing your best work value, personality trait, skill, and interest.

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| **Who Am I? Essay** | | | | |
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| Teacher Name: **Mrs. Nichols** | |  |  |  |
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|  |  |  |  |  |
| Student Name:     \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | |  |
|  |  |  |  |  |
| CATEGORY | 4 | 3 | 2 | 1 |
| Introduction (Organization) | The introduction is inviting, states the main topic and previews the structure of the paper. | The introduction clearly states the main topic and previews the structure of the paper, but is not particularly inviting to the reader. | The introduction states the main topic, but does not adequately preview the structure of the paper nor is it particularly inviting to the reader. | There is no clear introduction of the main topic or structure of the paper. |
| Conclusion (Organization) | The conclusion is strong and leaves the reader with a feeling that they understand what the writer is "getting at." | The conclusion is recognizable and ties up almost all the loose ends. | The conclusion is recognizable, but does not tie up several loose ends. | There is no clear conclusion, the paper just ends. |
| Flow & Rhythm (Sentence Fluency) | All sentences sound natural and are easy-on-the-ear when read aloud. Each sentence is clear and has an obvious emphasis. | Almost all sentences sound natural and are easy-on-the-ear when read aloud, but 1 or 2 are stiff and awkward or difficult to understand. | Most sentences sound natural and are easy-on-the-ear when read aloud, but several are stiff and awkward or are difficult to understand. | The sentences are difficult to read aloud because they sound awkward, are distractingly repetitive, or difficult to understand. |
| Adding Personality (Voice) | The writer seems to be writing from knowledge or experience. The author has taken the ideas and made them "his own." | The writer seems to be drawing on knowledge or experience, but there is some lack of ownership of the topic. | The writer relates some of his own knowledge or experience, but it adds nothing to the discussion of the topic. | The writer has not tried to transform the information in a personal way. The ideas and the way they are expressed seem to belong to someone else. |
| Grammar & Spelling (Conventions) | Writer makes no errors in grammar or spelling that distracts the reader from the content. | Writer makes 1-2 errors in grammar or spelling that distracts the reader from the content. | Writer makes 3-4 errors in grammar or spelling that distracts the reader from the content. | Writer makes more than 4 errors in grammar or spelling that distracts the reader from the content. |
|  |  |  |  |  |
| Date Created: **Jan 12, 2009 09:56 am** | |  |  |  |